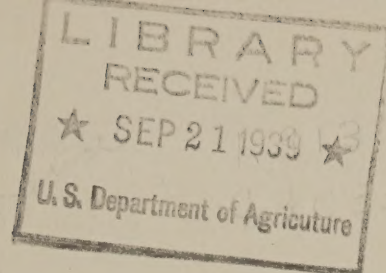


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Program for
NUTRITION SECTION

REGIONAL EXTENSION CONFERENCE FOR CENTRAL STATES

Continuation Center

University of Minnesota - Minneapolis, Minnesota

July 24-25-26, 1939

Extension Service
Department of Agriculture

892-39

NUTRITION SECTION

Committee: Florence Imlay, Kentucky
Inez Hobart, Minnesota
Gertrude Allen, Kansas
Miriam Birdseye, Washington, D. C.

Officers: Florence Imlay, Chairman
Aneta P. Beadle, Secretary

NUTRITIONISTS ATTENDING

| | | | |
|------------|---------------------------------------|---------------|--|
| Illinois: | Grace B. Armstrong Frances E. Cook | Missouri: | Flora L. Carl Ruth Foster |
| Indiana: | Aneta P. Beadle Eva I. Buel | Nebraska: | Mabel Doremus Jessie G. Greene |
| Iowa: | Ruth B. Cessna Nelle E. Thompson | North Dakota: | Ruth M. Dawson Amy E. Erickson |
| Kansas: | Gertrude Allen Mary G. Fletcher | Ohio: | Alma L. Garvin Christine Carlson |
| Kentucky: | Florence Imlay Mrs. Pearl J. Haak | South Dakota: | Susan Z. Wilder |
| Michigan: | Roberta R. Hershey | Wisconsin: | Mary A. Brady Gladys S. Stillman Charlotte Clark Buslaff |
| Minnesota: | Inez M. Hobart Eva L. Blair | | |

PROGRAM FOR NUTRITION SECTION
REGIONAL EXTENSION CONFERENCE FOR CENTRAL STATES

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MONDAY FORENOON, July 24

Director Paul E. Miller, Minnesota, Presiding

10 - 12 GENERAL SESSION - ALL GROUPS

Welcome.

Coordination: What it can mean in the Extension Service program.
H. W. Hochbaum, Chief, Division of Field Coordination,
Extension Service, U. S. Department of Agriculture.

Examples from Ohio.
B. B. Spohn, Supervisor, Projects and Programs, Ohio.

Discussion.

What freezing preservation means to the farmer, the consumer, and
the food industries.

Dr. Donald K. Tressler, Chief in Research,
Geneva (New York) Experiment Station.

Discussion.

12:15

Nutrition Section Luncheon

Grace E. Frysinger, U. S. Department of Agriculture, Presiding

Introductions.

Welcome to Minnesota. Julia O. Newton, State Home Demonstration Leader.
Plans for the conference. Florence Imlay, Section Chairman.

MONDAY AFTERNOON, July 24

Florence Imlay, Presiding

1:30

Question hour with Dr. Tressler.

Delegates are asked to present their questions in
writing to Section Chairman at close of morning session.

2:45

Current projects of the Bureau of Home Economics which bear on foods
and nutrition problems in the Central States.

Esther Peterson Daniel, Associate Chemist, Bureau of
Home Economics, U. S. Department of Agriculture.

Questions.

3:45

Each State will have 3 minutes to introduce its own exhibits.

4:30

Adjournment.

Dear Central States Nutritionists:

In connection with the discussion on Successful Family Living on Tuesday morning, July 25, we are sending you with Mrs. Lydia Ann Lynde's permission, her tentative analysis of the characteristics of -

GOOD FAMILY LIFE

Assuming:

- 1) That the rearing of children is one of the functions of the family
- 2) That good physical development, training in wholesome living habits, and sane attitude toward life can be achieved by using the experiences of daily farm family life
- 3) That the school, the church, and other community experiences are important in the child's development but that the trend of their influence is determined by the pattern of family life and the interpretation put upon these experiences
- 4) That (2) and (3) require well organized family life wherein each member has adequate status and opportunity to develop as an individual in a social group
- 5) That after the children have left the home there is still need to maintain and develop common interests between the life-partners, to make enjoyable and stimulating meal-time contacts, and to practice a simple, gracious hospitality that brings new and old friends into the home -

Family Life is Good:

- 1) When each individual feels himself an important member of the family, with his own place, his interests and rights recognized and his work appreciated.
- 2) When each person is aware of the general wholesome affectional relationships in his family and feels that he is wanted, loved and appreciated by them.
- 3) When each person feels that his individual friendships are valued and encouraged.
- 4) When each one has opportunity and encouragement in developing his best abilities, his creative talents, and his own ideas.
- 5) When each one has a widening field of experience sufficient to make him feel master of himself and his situation.
- 6) When each one has sufficient food, clothing, shelter and comfort that he may have health and good physical development.
- 7) When there is a common goal toward which each one is putting his share of effort and from which he receives his share of benefit.
- 8) When there is a spirit of fellowship and unity fostered by family play, hospitality, work and tradition.

TUESDAY FORENOON, July 25
Inez Hobart, Minnesota, Presiding.

9:00 Successful family living - how are we progressing toward this major goal of the extension program?
Grace E. Frysinger, U. S. Dept. Agr.

9:15 What contributions can the foods and nutrition program make toward successful family living?

2-minute contributions, followed by 3-minute discussion:

Sparing cash income through -

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| Home food production and preservation | Wisconsin |
| Home manufacture of foods (bread, cheese, etc.) | Missouri |
| Better buying | Nebraska |

Increasing cash income through -

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| Standardizing products for sale | South Dakota |
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| Promoting good growth and health of family members | Illinois |
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| Making family meal-times happy | Iowa |
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| Entertaining at home | Ohio |
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| Developing individuals | Michigan |
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| Building better family relationships | Kentucky |
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| Increasing understanding between neighbors | (North Dakota (Indiana |
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10:15 Intermission.

10:30 Constructive results from cooperation with other agencies to reach common nutrition and health goals -

Introduced by 5-minute talks on:

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| A State nutrition council | Minnesota |
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| State and county nutrition committees | South Dakota |
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| A 10-year cooperative county nutrition and health program | Kansas |
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| A 10-year cooperative county school lunch program | Kentucky |
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| Relaying information to low-income families through Farm Security workers | Iowa |
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The extent of this opportunity in the Central States

Elizabeth A.
Rivers, Chief,
Home Mgt.,
Region II, FSA

12:00 Recess for luncheon.

TUESDAY AFTERNOON, July 25

Joint session with women of 4-H Club group -

Gertrude L. Warren, presiding.

- 1:30 Summary of survey on organization of 4-H foods and nutrition program in the Central States -
Presented by Miriam Birdseye, U. S. Dept. Agr.
- 1:45 Helping leaders of 4-H foods and nutrition projects with subject-matter and approach.
8-minute papers by Grace Rowntree, Wisconsin
Amy E. Erickson, N.Dak.
- 2:45 Intermission.
- 3:00 Aims, accomplishments and possible next steps in making the 4-H health activity a constructive permanent influence in building health attitudes and practices in the 4-H Club membership -
8-minute papers by Helen Church, Missouri
Nelle E. Thompson, Iowa
- 3:45 Study of Exhibits.
- 4:30 Adjournment.

TUESDAY EVENING, July 25

Dinner with State home demonstration leader and State specialists, Dean of School of Home Economics, and members of resident nutrition staff.

WEDNESDAY MORNING, July 26

Topic: Better Living From the Farm
Presiding: Ruth B. Cessna, Iowa

- 9:00 The freezer locker situation in the Central States today and what extension workers are doing to guide it: Summary of a recent questionnaire to extension nutritionists -
Gertrude Allen, Kansas.
- 9:15 Discussion: Problems, methods, next steps desirable in guiding the freezer locker movement.

WEDNESDAY MORNING, July 26 (continued)

10:00 Better nutrition in the Central States through a better planned food supply tailored to local possibilities.
Discussion led by Miriam Birdseye, U. S. Dept. Agr.

Suggested questions:

What are the food groups most frequently neglected or used to excess in rural families in my State; evidences of significant health defects attributable to improper diet; improvements in food habits most important to work for. Are these situations general or more or less localized?

Are there differences in the dietary levels attainable by major income groups in different rural areas of my State?

What factors contribute to this situation, as for example, climate, soil productivity, cultivable acreage, farm population per acre, net cash income per person, debt load, type-of-farming enterprise, attitudes toward commercial farming, farm tenure, frequent moving, housing, kitchen equipment, storage facilities, national food customs.

Are there areas in my State where it would be desirable to modify one of the 4 diet patterns suggested in B.H.E. Diets to Fit the Family Income, by increasing certain locally abundant foods and decreasing others less readily available?

Are such problem areas or problem income groups being studied by a group of extension specialists in production, distribution, economics and home economics, with a view to giving local agricultural planning committees far-sighted counsel in working out a long-time program for a more vigorous and prosperous rural population supported by a more adequate diet? Are they being recognized as a responsibility of the whole Extension Service, not merely of the "women's program"?

Granted that it is important for the men of the family to understand the connection between diet and health, and give intelligent cooperation in shaping food habits and planning for an adequate and balanced food supply obtainable for a minimum of cash expenditure: What progress are we making in interesting men in the parallels between human and animal nutrition and in providing diets adequate for health?

What progress are the people of my State making with:
Adequate food preservation budgets and better storage facilities?
Preparing and carrying out yearly farm food supply plans?

Are a limited number of result demonstrations supported by records a necessary factor in a better farm food supply program? What progress with such result demonstrations? What are the next steps?

WEDNESDAY AFTERNOON, July 26, 1939

Topic: Measuring progress in the foods and nutrition program.

Presiding: Gertrude E. Allen, Kansas.

1:30 Discussion - led by Dr. F. P. Frutchev, Senior Educational Analyst,
Extension Service, U. S. Dept. Ag.

Situation:

The foods and nutrition program is shaped to achieve results:

- a. In the lives of rural people, in terms of information, skills, attitudes, health, family cooperation, acquiring or altering material possessions, community facilities and community activities;
- b. Within the extension organization, in terms of common objectives and well-coordinated programs;
- c. Between the Extension Service and other agencies pursuing nutrition goals, in terms of understanding, harmonious relations, and cooperative activities toward mutual goals.

Suggested discussion questions:

Why measure the results of the foods and nutrition program?

What results of the program are being measured at the present time?

What other results of the program are important to measure?

Upon whom are the effects to be measured?

What difficulties are involved in measuring the results?

What methods are being used at present to measure?

What methods can be developed to measure other effects of the program?

3:30 Summary of conference.

4:00 Adjournment.

